

Knit Yourself Calm A Creative Path To Managing Stress

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 Crafting Calm
 You Will Be Able to Knit by the End of This Book
 Notes to Inspire Creative Awareness
 A Year of Creativity
 Mindful Crochet

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Norah Gaughan's Twisted Stitch Sourcebook Sixth & Spring Books

Integrating mindfulness, neuroscience, positive psychology, and creativity research, Craftfulness offers a thought-provoking and surprising reconsideration of craft, and how making things with your hands can connect us to our deepest selves and improve our well-being and overall happiness. We should get this out of the way: Craftfulness is not a "crafting book." Rather, it is an investigation of the wisdom generations of men and women know to be true: that making things is a vital means of self-expression, self-realization, and self-help that sparks the mind, touches the soul, and rejuvenates the spirit. Integrating mindfulness, neuroscience, positive psychology, and creativity research, Rosemary Davidson and Arzu Tahsin explore how the simple act of making something from scratch impacts mental well-being, and offer a brilliantly reasoned argument in favor of craft. Process, not product, is the soul of a craft practice. Whether you knit, crochet, sculpt, weave, quilt, tat, draw, or bind books—working toward small, attainable goals gives us a sense of purpose, accomplishment, and control that is proven to positively impact our mental health and happiness. Davidson and Tahsin illuminate how craft practice re-introduces balance into our lives and our habits by cultivating creativity, carving space for ourselves, promoting focus, creating a safe space for failure, and ultimately, how to make peace with imperfection. Like Matthew B. Crawford's *Shop Class as Soul Craft*, Ken Robinson's *Out of Our Minds*, or Mihaly Csikszentmihalyi's *Flow*, Craftfulness helps us to see our world in a new way, offering opportunities to disconnect from the world, and pay attention to ourselves.

Once Upon a Time... in Crochet (UK) Abrams

Discover the relaxing craft of crochet! Creative and calming, crafting is the perfect way to destress! In *Crochet to Calm* you'll learn how the repetitive motion of this popular craft can not only clear your mind but also result in beautiful projects you'll be proud to show off! Best yet? All you need is a hook and a bit of yarn to get started! From home accent projects such as the Zinia Pillow, Meditative Mandala coaster, and the Papillon Pouf to cozy wearables like the Pinecone Infinity Scarf, Slouchy Slipper Boots, or Peachy Arm Warmers, you'll find 18 fun, easy projects that can be completed in almost no time at all! And with easy-to-follow photography and clear illustrations, you'll be inspired to try every last one. Featuring a foreword by Mandy O'Sullivan, founder of CraftasTherapy, *Crochet to Calm* will take your stress away, one stitch at a time.

Stitch 'n Bitch Superstar Knitting Shambhala Publications

A thoughtful, purposeful approach to prioritize time for making, adding more meaning and intention to your life. From cooking and cleaning to children's events to business meetings to just about everything else, it's hard to find quiet moments to just be. Jessica Carey has found that her best times for being are when she is making. Hers is an inspiring approach to a beloved pastime, putting to use the meditative and therapeutic benefits of working with your hands. Featuring more than 20 different crochet patterns to inspire you as you make time for making, the book offers instructions to those who want to begin their crochet journey and teaches how to crochet through detailed explanation and visual guidance. Projects vary in skill level but are all designed for readers to be able to free their minds, leaving space for stitch-repetition to kick in. Accompanied by essays focused on gratitude, creativity, and living with intention, among other topics, the book invites you to take time to reflect on these themes and their presence in your life. Jessica offers support and encouragement so that you can strengthen more than just your crochet skills as you explore this adventure.

Making with Meaning Penguin

This book explores what, arguably, everyone's grandmother always knew, that when passionate knitters become one with the craft, amazing things can happen. In *Zen and the Art of Knitting*,

Bernadette Murphy explores how knitting fits into the larger scheme of life itself as meditation, creative expression, a gift to express love, a way to connect, and much, much more. "Zen and the Art of Knitting is crafted like a handmade sweater, with great texture and beauty and love. Bernadette Murphy knits together creativity, spirituality, and daily life, letting us see the rich and wondrous fabric that connects all of it, all of us, 'in a piece.' This is a book readers will want to wrap themselves up in for comfort, for inspiration, for affirmation of the healing, centering, power of the art." --Gayle Brandeis, author of *Fruitflesh: Seeds of Inspiration for Women Who Write* and *The Book of Dead Birds: A Novel* Bernadette Murphy explores the now-radical notion that in the smallest, most mundane gestures, we may find a kind of grace. This book traces her discovery with openness and faith." --David L. Ulin, author of *The Lost Art of Reading: Why Books Matter in a Distracted Time*, *Labyrinth* and *The Myth of Solid Ground: Earthquakes, Prediction, and the Fault Line Between Reason and Faith*. "The book is full of lore, technical tips, colorful needle-wielding characters, and, ahem, plain old good yarns. Knitting, in Murphy's hands, is more than a metaphor; it is tangible, proof of the inner-connectedness of all living things." --Michelle Huneven, author of *Off Course*, *Blame and Jamesland* "A wise, illuminating book, for knitters and non-knitters alike." --Tara Ison, author of *Reeling Through Life: How I Learned to Live, Love and Die at the Movies*, *Rockaway*, and *A Child Out Of Alcatraz*

[Projects and Practices for Creativity and Contemplation](#) Penguin

"Originally published by Unicorn Books, Petaluma, California, in 2002."

[Vogue Knitting the Ultimate Guide for Beginners](#) Createspace Independent Pub

Knitters will be delighted by the knitted world of Amy Gaines. Her toys are based on the Japanese craft trend of amigurumi (knitted or crocheted dolls). These very collectible designs are sure to be a hit with Amy's fans-grownups and children alike. This 112-page book features 23 adorable knitted creatures, including: . A Woodland Set-Squirrel, Owl, Mouse, Hedgehog, and Acorn . A Garden Gnome . A Birdhouse with Birds . An Ocean Set-Octopus, Whale, Crab, and Turtle . A set of true amigurumi-style critters-Bunny, Pig, and Bear . Plus, a more realistic group of animals-Sheep, Duck, and Bunny

New Knits Quarry Books

Beloved, easy-to-make patterns from the global knitting phenomenon As the DIY trend and slow fashion movement continue to build steam, more and more audiences are seeking new crafts and hobbies as a reprieve from the busy, digitally focused world. Enter *We Are Knitters: Knitspiration for Knitting Anywhere and Everywhere*. Building on their brand's aspirational lifestyle and focus, this new book brings a global mind-set to knitting with beautiful photography from a variety of locations, including New York, Paris, Marrakech, Cartagena, and beyond. Featuring favorite patterns for hats, sweaters, blankets, tank tops, and more, this book has something for every knitter, everywhere. "All the happiness in a kit" is what *We Are Knitters* promises, and it's what you'll find here in their first book.

Stitching Together Our Lives in a Fractured World Workman Publishing

Here is a unique and exciting selection of contemporary hand-knitted bags, specially created by knitwear designer Emma King. They range from big stripey hand-held bags, to small clutch bags, to super-functional baby bags, to chic evening purses. The designs use a wide range of techniques, including intarsia, embroidery, crochet, Fair Isle and entrelac. Each bag is illustrated with a stunning full-colour photograph, plus a close-up detail of the pattern, and comes with full knitting instructions and accurate charts. There are details of alternative colourways and added embellishment options. A workshop section focuses on the best yarns to use, how to add linings and inspirational ideas for eye-catching handles and fasteners to add those all important finishing touches to your work.

A Modern Guide Knit Yourself Calm

Anyone can pick up a pair of needles and a ball of yarn. And everyone can be mindful. The *Mindfulness in Knitting* casts fresh light on this renowned calming craft, and reveals how the act of

“knit and purl” can be the epitome of conscious living. Ethical textile artist Rachael Matthews unpicks the threads of this popular pastime to explore how knitting connects us to each other and to the world around us. Through personal anecdote and expert insight, she unravels the true value of what it means to craft, its therapeutic benefits, and the joys of mindful making.

A Breakthrough Guide to Knitting and Designing Abrams

Enter the world of Scottish folklore with this unique hardcover guide. Retellings of traditional tales, full-color photographs of knitted costumes inspired by the stories, plus patterns for simpler versions of the original designs.

Knit Yourself Calm Clarkson Potter

A Wall Street Journal bestseller: Harness the “power of can’t” to make your big, impossible dreams a reality with help from a creative entrepreneur who’s turned her quirky passion into a global force. Learn how to make your big, impossible dreams a reality with help from a creative entrepreneur who’s turned her passion into a global force. People always ask Shelley Brander what possessed her to leave the successful advertising firm she founded with her husband to open a local yarn store. And then they wonder how that one storefront grew into an e-commerce business, and from there into a global movement to Knit the World Together. In *Move the Needle*, Shelley shares stories from her life to show that you can pursue your life’s passions—both personal and professional—no matter how quirky or impossible they may seem to everyone around you. Whether you are an entrenched or aspiring entrepreneur, or have a passion that just won’t let you go, Shelley shares lessons from her journey that reveal how to: • Put your passion first and make your creative side hustle your main gig • Recognize the true value of creativity and experimentation • Have hope against all odds • Surround yourself with supportive people • Cut ties with those who weigh you down • Believe in the power of your weird, impossible dream! In *Move the Needle*, Shelley invites you to embrace your passion and hold space for your seemingly improbable (but totally possible) goals, dreams, and purpose.

Magical Shetland Lace Shawls to Knit Abrams

Crochet Therapy will inspire you to pick up a hook and take some time out of your hectic day to dive into colorful whorls of yarn. Focus, relax, and become more mindful by making more than 20 simple and colorful projects comprised of crocheted mandalas, soothing circles, and other beautiful motifs. Each repetitive pattern helps you engage with your materials, increase your well-being, and unlock your creativity. Mindfulness exercises accompany the patterns and complement the therapeutic effect of crocheting for achieving calm, stress relief, and becoming “effortlessly present” in your craft. Clear instructions and a host of finishing techniques round out the pretty projects and crocheted bounty.

25 Bags to Knit Search Press Limited

Purl and stitch: Empowering, healing, and reconnecting us to each other and ourselves In a fractured world plagued by anxiety and loneliness, knitting is coming to the rescue of people from all walks of life. Economist and lifelong knitter Loretta Napoleoni unveils the hidden power of the purl and stitch mantra: an essential tool for the survival of our species, a means for women to influence history, a soothing activity to calm us, and a powerful metaphor of life. This book is a voyage through our history following the yarn of social, economic and political changes - from ancient Egypt and Peru to modern Mongolia, from the spinning bees of the American Revolution to the knitting spies of World War II, and from the hippies’ rejection of consumerism to yarnbombing protests against climate change. For the author it is also a personal journey of discovery and salvation, drawing on the wisdom her grandmother passed along as they knit together. Revealing recent discoveries in neuroscience, *The Power of Knitting* offers proof of the healing powers of knitting on our bodies and minds. Breaking through societal barriers, even nursing broken hearts, and helping to advance cutting-edge science, knitting is still a valuable instrument for navigating our daily lives. As a bonus, the book includes patterns for ten simple yet iconic projects that reflect the creative, empowering spirit of knitting, with complete instructions.

Meditations on Craft and Calm HarperCollins

The 35 patterns in *Mindful Crochet* include specially designed elements of repetition, color and texture, which will help you relax, refocus and unwind. Anyone who’s ever tried to master a new stitch or work out which granny squares should go where on an afghan will appreciate how crochet can totally engage your attention and harness your creativity. Being “in the moment” is an essential part of following a pattern, keeping your yarn on the hook, counting stitches, and remembering which color to use next. Emma Leith shows how these qualities can become a form of mindfulness practice, bringing you peace, calm, and a greater sense of well-being. There are projects you can make for yourself or your home, and others designed to be given as gifts. The satisfaction you’ll get from creating these lovely makes and seeing others appreciate them is another important way in which crochet can encourage a positive outlook and bring happiness.

Knitting for Anarchists Abrams

“Explode[s] with cuddle-factor! It doesn’t matter what they’re into—unicorns, wolves, dragons or princesses, one of these hooded blankets will surely suit.” —*Inspirations Newsletter* Bedtime bookworms will love snuggling up and listening to their favorite story in a cozy hooded blanket. Bring storytime to life as they act out the characters—will they be a goodie or a baddie, Little Red Riding Hood or the wolf? Lynne Rowe’s latest new book has ten fun, fairytale projects to crochet, including a deer, a dragon, a lion and a unicorn. Each blanket can be made in two sizes: for toddlers (age 2 to 4) and for young children (age 5 to 7). Along with crochet techniques, there are suggestions for varying the yarn color to create a different character (changing a polar bear into a brown bear, for example) and you can choose between a rounded or a pointed hood. Lynne has also designed a strip of matching bunting to accompany each project. Every blanket tells a story, with pockets on the sides for snuggly paws and different tails. Perfect for unwinding for a bedtime story and animating the oral tradition of storytelling—little listeners, as well as their parents, will find themselves enchanted. “There’s nothing quite like wrapping up someone you love in a homemade blanket, and this collection is certain to be loved by little ones and big ones alike!” —*Inside Crochet* “Bright, colorful and whimsical.” —*The Loopy Lamb* “We love everything the Lynne designs and this book is no exception to that rule if you ask us, this is probably her most exciting and enjoyable book to date.” —*Crochet Now*

Crochet Saved My Life ABRAMS

Anyone can knit—and who better to explain the essentials than *Vogue Knitting*? The magazine’s definitive guide to yarn, needles, patterns, and, of course, knitting and purling, features beautiful step-by-step photographs that teach how to cast on, bind off, and master a collection of stitches. It includes links to video instruction, and more than 20 easy first projects from *Vogue Knitting* that range from staples like scarves and hats to impressive sweaters.

My Unexpected Life in Knitting Cleis Press

So many of us have been impacted by breast cancer, whether we’ve dealt with it personally or know someone who has. A special knitted gift is a tangible way to show our support to loved ones—or our appreciation to our caregivers. These beautiful knitting patterns are ideal. Choose from 25 quick-to-knit accessories, including super soft hats, pretty shawls, cozy socks, slippers, blankets, pillows, and more Incorporate affordable amounts of luscious yarns such as alpaca, cashmere, and silk that are soothing against the skin and easy to wear comfortably Use those waiting-room hours to knit something from the heart that will be welcomed and treasured

Real Men Knit Courier Dover Publications

This carefully crafted manual explores how writing mindfully can create deeper connections with your words, your characters, and yourself.

20 Mindful Projects for Relaxation and Reflection Quadrille Publishing

“If you’re looking for an easy charmer, this is the novel for you.”—*Shondaland* When their foster-turned-adoptive mother suddenly dies, four brothers struggle to keep open the doors of her beloved Harlem knitting shop. Jesse Strong is known for two things: his devotion to his adoptive mom, Mama Joy, and his reputation for breaking hearts. When Mama Joy unexpectedly passes away, he and his brothers have different plans for what to do with Strong Knits, their neighborhood knitting store. Jesse wants to keep the store open. His brothers want to tie off loose ends and close shop.... Part-time shop employee Kerry Fuller has kept her crush on Jesse a secret. When she overhears his impassioned plea to his brothers to keep the knitting shop open, she volunteers to help. Unlike Jesse, Kerry knows the “knitty-gritty” of the business, and together they make plans to reinvent Strong Knits for a new generation. But the more time they spend together, the stronger the chemistry builds between them. Kerry, knowing Jesse’s history, doesn’t believe their relationship can last longer than she can knit one, purl two. But Jesse is determined to prove to her that he can be the man for her forever and always. After all, real men knit.

Entrelac Abrams

From knitting expert Brandi Harper, a must-have pattern book for modern knitters, with essays on self-care and sourcing creativity There is no such thing as being kind-of a knitter—the wobbly scarves and that oversized sweater you tried to shrink all count too. Each contribution that you make to the world through knitting is meaningful, but maybe you’ve slowed your commitment to this craft, or you can’t seem to find the time to be creative. There’s a lot to be distracted by, and the path forward isn’t always clear. Brandi Harper aims to bring those challenges to the forefront and help you unearth the immense benefits that knitting has to offer. In her debut book, *Knitting for Radical Self-Care*, Harper offers tips and suggestions for carving out time for creativity, alongside beautiful patterns to try yourself. The book includes ten original patterns inspired by revolutionary women of color, and Harper will speak to these women and their immense impact on her life and our world. The patterns include detailed instructions, alongside her original prose, all designed to inspire.